



YOUTH VOLUNTEER GUIDE

Metro Volunteers
444 Sherman Street #100
Denver, CO 80203
www.metrovolunteers.org
(303) 282-1234

HOW TO USE THIS GUIDE

Welcome to the Metro Volunteers Youth Volunteer Guide! This guide is a resource for youth, parents, teachers and group leaders looking for meaningful volunteer opportunities for youth.

The Youth Volunteer Guide contains detailed information about nonprofit agencies across the Denver metro area that welcome youth volunteers. All opportunities listed are designed especially for volunteers under the age of 18. The Youth Volunteer Guide is organized by issue area so young volunteers can easily access information based on their skills and interests. Each agency listing includes a contact name, phone number and e-mail or web site address, if available. Volunteers will also find minimum age requirements with and without adult supervision, along with the agencies' purpose and a short description of the opportunities available.

Call Metro Volunteers at (303) 282-1234 or e-mail us at metrovol@metrovolunteers.org if you have questions. We'll be happy to help you find just the right opportunity.

5 REASONS TO VOLUNTEER

- 1) EXPLORE POSSIBLE CAREERS
- 2) INCREASE YOUR SELF-ESTEEM
- 3) MAKE YOUR COMMUNITY A BETTER PLACE
- 4) MEET NEW PEOPLE
- 5) IMPROVE YOUR CHANCES OF COLLEGE ACCEPTANCE

Metro Volunteers' mission is to strengthen the community by building the effectiveness of nonprofit organizations and connecting people with volunteer opportunities.

- Metro Volunteers is Denver's nonprofit volunteer resource center.
- The agency effectively engages residents of the metro Denver area in volunteer service.
- Metro Volunteers provides essential management training opportunities to nonprofits to help them accomplish their missions more successfully.

TIPS FOR YOUTH VOLUNTEERS

- Think about what you are really interested in doing. What issues do you really care about?
- You have a lot to offer. What are your skills and abilities? Do you work well with children or the elderly? Do you enjoy computers? Are you an organizer? These skills and many more are unique to you and are specific volunteer needs at many organizations.
- Spend time going through this guide to find a good match between your interests, the amount of time you are willing to volunteer and the part of town accessible to you.
- Call the volunteer coordinator at the agency you've selected to introduce yourself, ask questions about the organization, and express your interest in helping out.
- If it seems like a good match, set up an interview with the volunteer coordinator. Ask the following questions: What does the organization do? What will I be doing? When do you need volunteers? Do you provide training? Will supervision be available?
- If it sounds like it will be a good opportunity for you, make a commitment to make it work. Good luck!

TIPS FOR GROUP VOLUNTEERS

- Plan your project as early as possible-especially during the holidays and school breaks.
- When you talk with the volunteer coordinator at an agency you're interested in be open to a variety of options-volunteer needs at an agency often change.
- If your group is too large for one agency to accommodate, consider breaking your group up into several small groups.
- Once you have made a commitment to an agency remember that they are counting on you!

Since 1994, Metro Volunteers has provided unique volunteer referral and nonprofit management training for metro Denver, fulfilling an important need in providing nonprofits with important capacity-building support. We are here to help you change yourself and change the world!

ARTS AND CULTURE

Art Students League of Denver

200 Grant St., Denver, CO 80203

Contact: Jenny Arribau

303-778-6990

asld@asld.org

www.asld.org

Purpose: To provide an enriching and creative environment for artistic expression through dialogue, instruction and active learning.

Minimum Age: 16

Minimum Age with Adult: 16

Volunteer Opportunities: Office support, clean-up assistant, garden maintenance, gallery assistant, special events volunteer.

Butterfly Hope

1580 Julian St., Denver, CO 80204

Contact: Julie Dale-Carr

303-455-0684

julie.carr@butterflyhope.org

www.butterflyhope.org

Purpose: To provide educational enrichment programs during school breaks and after-school focusing on visual arts, expressive arts, environmental science and gardening.

Minimum Age: 14

Minimum Age With Adult: none

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Classroom assistant during summer, arts & crafts project assistant during spring and summer, assist with watering and weeding of school gardens, mailing helper (stamping, sealing and sorting).

Capitol Hill United Neighborhoods, Inc. (C.H.U.N)

1290 Williams Street, Denver, CO 80218

Contact: Drew O'Connor

303-830-1651

info@peoplesfair.com

www.peoplesfair.com

Purpose: To build community and raise funds for C.H.U.N. grants program.

Minimum Age: 15

Minimum Age with Adult: 15

Volunteer Opportunities: Special event assistant, clean-up assistant.

Children's Museum, The

2121 Children's Museum Dr., Denver, CO 80211

Contact: Sarah Jackquin

303-561-0114

volunteer@cmdenver.org

www.mychildsmuseum.com

Purpose: To be an essential learning resource which engages children from newborn through age eight in active play and exploration.

Minimum Age: 16

Minimum Age with Adult: 14

Volunteer Opportunities: Arts and crafts assistant, clean-up assistant, education program assistant, holiday project support, receptionist, special event assistant, and translator. Orientation required for new volunteers.

Daydreamz Project, The

P.O. Box 11873, Denver, CO 80211

Contact: Pamela Norris / Starr Hogan

303-927-6978

daydreamz_project@hotmail.com

www.daydreamzproject.org

Purpose: To use collaboration in the arts to educate individuals and communities, raise awareness of social issues and create positive change (we transform lives and futures through the arts).

Minimum Age: 14

Minimum Age with Adult: 10

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Create displays, translate event fliers from English to Spanish, organize and sort materials/ supplies, update database, help with phone calls and filing, make sample craft items. Assist with community or after school workshops.

Denver Botanic Gardens

909 York St., Denver, CO 80206

Contact: Heather Boor

Z 720-865-3537

boorh@botanicgardens.org

www.botanicgardens.org

Purpose: To connect people with plants.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: 3:1

Volunteer Opportunities: Event assistant for special events throughout the year.

Denver Museum of Nature and Science

2001 Colorado Blvd., Denver, CO 80205

Contact: Betty Aldworth

303-370-6419

betty.aldworth@dmns.org

www.dmns.org

Purpose: To promote the study, understanding, and enjoyment of the universe, nature, science, and human culture.

Minimum Age: 13

Minimum Age with Adult: 6

Volunteer Opportunities: Join ATOM (Active Teens of the Museum); visit our website for current availability of other individual opportunities.

Historic Denver, Inc.

1536 Wynkoop St., #400A, Denver, CO 80202

Contact: Laura Libby

303-534-5288 ext.14

llibby@historicdenver.org

www.historicdenver.org

Purpose: To preserve our city's unique structures and educate the public on the value our history and architecture contributes to Denver.

Minimum Age: 18

Minimum Age with Adult: 15

Volunteer Opportunities: Mailing assistant (ongoing), house tour assistant (August and September).

Hudson Gardens and Event Center, The

6115 South Santa Fe Dr., Littleton, CO 80120

Contact: Andrea Nyquist

303-797-8565 ext. 308

anyquist@hudsongardens.org

www.hudsongardens.org

Purpose: To serve the community by providing a forum for educational, cultural and artistic events and activities.

Minimum Age: 15

Minimum Age with Adult: 15

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Concert and event set-up and production assistant, clerical and administrative assistant, gardening assistant for planting, pruning, weeding and grooming.

KBDI PBS TV-12

2900 Welton, Denver, CO 80205

Contact: Roz Duman

303-296-1212

roz_duman@kbdi.pbs.org

www.kbdi.org

Purpose: To promote quality non-commercial programming that is rich in arts, culture and history.

Minimum Age: 15

Minimum Age with Adult: 15

Youth to Adult Ratio: 15:1

Volunteer Opportunities: Quarterly membership drive assistant (August-December), mailing assistant, fundraising auction assistant, some administrative tasks.

Molly Brown House Museum

1340 Pennsylvania St., Denver, CO 80203

Contact: Nancy Jardee

303-832-4092 ext. 10

njardee@mollybrown.org

www.mollybrown.org

Purpose: To interpret the life of Titanic heroine Margaret Tobin "Molly" Brown and the social, political and economic context in which she lived.

Minimum Age: 17

Minimum Age with Adult: 10 (summer only)

Volunteer Opportunities: Assist tour guides with tour groups. Interpret Molly Brown's life through guided tours (volunteers age 17 and older).

Museo De Las Americas

861 Santa Fe Drive, Denver, CO 80204

Contact: Michelle Montour

303-571-4401

michelle@museo.org

www.museo.org

Purpose: To promote understanding between cultures, to encourage appreciation for the rich cultural diversity of the Americas and to build pride in their heritage among Latinos.

Minimum Age: 15

Minimum Age with Adult: 12

Youth to Adult Ratio: 5:1

Volunteer Opportunities: After school program support, education program support, arts and crafts assistant, library assistant, clean-up assistant, mailing assistant, clerical support, office support, data entry assistant, painter, translator, special event assistant.

Museum of Contemporary Art

1275 19th St., Denver, CO 80202

Contact: Jim Crafts

303-298-7554 ext. 205

jimc@mcartdenver.org

www.mcartdenver.org

Purpose: To establish a world class center of contemporary art that will educate and inspire artists, students and the general public about important new developments in the visual arts.

Minimum Age: 15

Minimum Age with Adult: 15

Youth to Adult Ratio: 3:1

Volunteer Opportunities: Receptionist, web site development, painter, special events assistant, mailing assistant, museum shop sales clerk, fundraiser, mount exhibits, help with word processing and general office support.

BUILDING PROJECTS

Neighborhood Partners

670 Santa Fe Drive, Suite A, Denver, CO 80204

Contact: Kathy Linhardt

720-946-9022

kathy@theneighborhoodpartners.org

www.theneighborhoodpartners.org

Purpose: To provide affordable housing to low income families.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: Varies

Volunteer Opportunities: Painting and carpentry.

Rebuilding Together Metro Denver

5840 E. Evans Ave., Denver, CO 80222

Contact: Jennifer Leau

Z 720-524-0840

rebuild@qwest.net

www.rebuildingdenver.org

Purpose: To rehabilitate homes for low income seniors and people with disabilities to ensure they are able to age in their homes and live in warmth, safety and independence.

Minimum Age: 16 to be on-site, other off-site duties for younger ages

Minimum Age with Adult: Varies

Youth to Adult Ratio: Varies

Volunteer Opportunities: Help prepare lunches for volunteer groups working on a house, assist with gathering donations or raising money; help with house rehabilitation, ages 16-18 only.

CHILDREN AND TEENS

Adam's Camp

5251 S. Quebec St., Greenwood Village, CO 80111

Contact: Kim Ribich

303-563-8290 Ext. 3

kim@adamscamp.org

www.adamscamp.org

Purpose: To provide therapy programs to children with special needs and their families.

Minimum Age: 16

Minimum Age with Adult: 15

Youth to Adult Ratio: 2:1

Volunteer Opportunities: Summer camp assistant for children, youth and young adults ages 4-24 years old; companion for children with special needs, recreation assistant, and youth program assistant. Applications are required for all Adam's Camp student volunteer positions and are accepted until April 15.

Adams County Head Start

7111 E. 56th Ave., Commerce City, CO 80022

Contact: Lolita Williams

303-286-4141

Purpose: To enhance the language, cognitive, physical, social and emotional development of children.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: 1:1

Volunteer Opportunities: Classroom assistant and bus monitor at various Adams County locations.

Adoption Exchange, The

14232 E. Evans Ave., Aurora, CO 80014

Contact: Laura Stenovec

Z 303-755-4756

laura@adoptex.org

www.adoptex.org

Purpose: To find loving homes for children waiting in foster care.

Minimum Age: 15

Minimum Age with Adult: 14

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Office support, mailing assistant and special event support.

American Humane Association

63 Inverness Drive East, Englewood, CO 80112

Contact: Ginger Moore

303-792-9900 ext. 452

gingerm@americanhumane.org

www.americanhumane.org

Purpose: To provide a network of individuals and organizations dedicated to preventing cruelty, abuse, neglect and exploitation of children and animals.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Collate and assemble training manuals, assist with mass mailings.

Asian Pacific Development Center

1875 York St., Denver, CO 80209

Contact: Ge Thao

303-782-5225

gethao@adpc.org

Purpose: To reduce substance abuse or delay its onset by providing tutors and mentors, resources and support to middle school youth.

Minimum Age: 17

Minimum Age with Adult: 16

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Peer tutor, peer mentor, after school program support, youth program support, classroom assistant.

Big Brothers Big Sisters of Colorado, Inc.

2420 W. 26th Ave., Suite 450-D, Denver, CO 80211

Contact: Desiree Ott

303-433-6002 Ext. 440

bbbs@bbbscolo.org

www.bbbscolo.org

Purpose: To provide supervised mentoring by caring and consistent adults to children in need of a role model.

Minimum Age: Varies by program

Youth to Adult Ratio: Varies

Volunteer Opportunities: Sports buddy, attend a local sports event twice each month for a 6-month period (Minimum age 14). School-based mentoring, meet with a child once a week for an hour during the school year and reinforce the importance of learning (minimum age 14). Community-based mentor, be a Big Brother or Sister and serve as a role model to a child (minimum age 18).

Bridgeway

85 S. Union Blvd., Suite 204, Lakewood, CO 80228

Contact: Mary Ann Forman

303-969-0515

bridgeway@bridgewayhomes.org

www.bridgewayhomes.org

Purpose: To provide shelter and education services for pregnant teens ages 16-21.

Minimum Age: 18

Minimum Age with Adult: 16

Youth to Adult Ratio: 4:1

Volunteer Opportunities: Yard maintenance, fundraiser, mailing assistant, holiday event support.

Camp Paha

12100 W. Alameda Pkwy., Lakewood, CO 80228

Contact: Jo Burns

303-987-4866

joabur@lakewood.org

www.lakewood.org

Purpose: To operate a day camp for children and adults with disabilities.

Minimum Age: 13

Minimum age With Adult: 13

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Camp assistant, activity assistant. All applications must be in by June 1st.

Catholic Charities Child Care

1128 28th Street, Denver, CO 80205

Contact: Stephanie Friday

303-308-1420, ext. 123

Fax: 303-308-1421

ccvolunteers@hotmail.com

Purpose: To promote family and child development through a partnership with staff, families, children and the community; to provide childcare for children between 6 weeks and 12 years of age from low income families in Denver.

Minimum Age: 18

Minimum Age with Adult: varies

Youth to Adult Ratio: 8:1

Volunteer Opportunities: Mentor a child 5-12 years old, classroom aide, tutor. Six month commitment required at least two hours once a week.

Colfax Community Network

1585 Kingston St., Aurora, CO 80010

Contact: Julie Silsby

303-360-9175

julie_silsby@yahoo.com

www.colfaxcommunitynetwork.org

Purpose: To serve children and families who live in motels along East Colfax Avenue.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Program counselor (September-May), summer program counselor (June-July), holiday party assistants, fall and spring clean up assistants. After school kid's program activity assistants needed.

Denver Kids, Inc.

1330 Fox St., Denver, CO 80204

Contact: Penny Stanley

303-405-8133

penny_stanley@dpsk12.org

www.denverkidsinc.org

Purpose: To provide one-to-one preventative counseling and mentoring to at risk K-12 children in Denver Public Schools.

Minimum Age: 16

Minimum Age with Adult: 16

Volunteer Opportunities: Junior volunteer friend, mentor a child after school or during the weekend 2 times per month. One year commitment and own transportation required.

Early Childhood Connections for Arapahoe & Douglas Inc.

8 Inverness Dr. East #255, Englewood, CO 80112

Contact: Sue Renner

303-706-0075

sue@eccad.info

www.eccad.info

Purpose: To provide support and services to infants and toddlers with developmental delays or disabilities.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: 4:1

Volunteer Opportunities: Assist with filing, data entry, newsletter mailing and childcare.

Girl Scouts Mile Hi Council

400 S. Broadway, Denver, CO 80209

Contact: Deb Sanders

303-778-8774, Ext. 251

debs@gsmhc.org

www.girlscoutsmilehi.org

Purpose: To inspire girls with the highest ideals of character, conduct, patriotism and service that they may become happy, resourceful adults.

Minimum Age: 12

Minimum Age with Adult: 10

Volunteer Opportunities: General office support, special events assistant.

Golden Triangle Learning Center, The

990 Acoma Street, Denver, CO 80204

Contact: Debra Stake

303-892-6233

Purpose: To provide child care.

Minimum Age: 16

Minimum Age with Adult: Varies

Youth to Adult Ratio: 3:1

Volunteer Opportunities: Teacher's aid, office aid, kitchen aid, marketing assistant, cleaning assistant. Volunteer positions available only during the day.

Jefferson County Head Start

900 Jefferson County Pkwy., #80, Golden, CO 80401

Contact: Victoria D. Evangelista

303-271-1388

vevangel@jeffco.us

www.headstart.jeffco.us

Purpose: To nurture the promise of a better future for low-income children and their families.

Minimum Age: 13

Minimum Age with Adult: 13

Volunteer Opportunities: Classroom aide and child care assistant.

Mount Saint Vincent Home

4159 Lowell Blvd., Denver, CO 80211

Contact: Jean Hagman

Z 303-458-7220 ext. 253

www.msvhome.org

Purpose: Residential and day treatment center for children with emotional and behavioral problems.

Minimum Age: 18, younger for group opportunities

Minimum Age with Adult: 18

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Painting, yard work and children's activities.

Peace Jam Foundation

5605 Yukon St., Arvada, CO 80002

Contact: Jes Ward

303-455-2099

info@peacejam.org

www.peacejam.org

Purpose: To inspire youth to become involved in social change and community service.

Minimum Age: 13

Minimum Age with Adult: 13

Volunteer Opportunities: Database assistant, mailing assistant, conference volunteers.

Roundup Fellowship

2250 S. Oneida St., #201, Denver, CO 80224

Contact: Jim Vanderkamp

303-757-8008 Ext. 18

jvanderkamp@rup.org

www.rup.org

Purpose: To provide a variety of residential and community-based services to children and adults with developmental disabilities.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: Varies

Volunteer Opportunities: Yard maintenance, holiday project support, and fundraising assistant.

Volunteers of America, Colorado Branch

Junior Volunteer Program

2660 Larimer St., Denver, CO 80205

Contact: Karen Rivers

303-297-0408

krivers@voacolorado.org

www.voacolorado.org

Community Service: NO

Purpose: To identify and serve the basic needs of individuals and families in our community.

Minimum Age: 14

Minimum Age with Adult: 5

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Primary opportunity is for group volunteers to serve as mentors for Head Start children. Meal server, kids tutor, arts and crafts, senior companion, and clothing bank assistant.

Whiz Kids Tutoring, Inc.

5500 E. Yale Ave., #101, Denver, CO 80222

Contact: Mary Pilcher

303-504-9449

mary@whizkidstutoring.com

www.whizkidstutoring.com

Purpose: To build relationships between at-risk children and adult mentors through tutoring and mentoring in the spirit of Christ.

Minimum age: 16

Minimum Age with Adult: 13

Volunteer Opportunities: Tutor (September through May). Tutor a first through fifth grade child once a week for one hour in the afternoon or evening followed by club time.

World Vision Gifts-In-Kind, Denver

11000 E. 40th Ave., Denver, CO 80239

Contact: Kristin Tweardy

720-374-0658

ktweardy@worldvision.org

www.worldvision.org; www.worldvisiongik.org

Purpose: To call people to a life-changing commitment to serve the poor in the name of Christ. World Vision is the largest faith-based, non-profit international humanitarian organization in the world.

Minimum Age: 12

Minimum Age with Adult: 8

Youth to Adult Ratio: 10:1

Volunteer Opportunities: Light industrial work, including sorting, counting, and repacking donated products to prepare for shipment to programs worldwide.

ENVIRONMENT

Bluff Lake Nature Center

7350 E. 29th Ave., Suite 300, Denver, CO 80238

Contact: Sue Schafer

303-468-3240

sschafer@stapletoncorp.com

www.blufflakenaturecenter.org

Purpose: To foster life long learning and environmental stewardship at a unique urban wildlife refuge.

Minimum Age: 18

Minimum Age with Adult: 9

Youth to Adult Ratio: 8:1

Volunteer Opportunities: Wetland restoration, trail maintenance. Opportunities vary according to the season.

Denver Urban Gardens

3377 Blake Street, Suite 113, Denver, CO 80205

Contact: Dusty Martin

303-292-9900

dirt@dug.org

www.dug.org

Purpose: To foster community interaction and provide valuable food and recreation sources through community gardens and parks.

Minimum Age: varies

Minimum Age with Adult: varies

Youth to Adult Ratio: 4:1

Volunteer Opportunities: Painting, pathway construction, irrigation implementation, light construction work and garden clean-up.

Denver Zoo

2300 Steele St., Denver, CO 80205

Contact: Susan Schmelzer

303-376-4822 ext 4885

sschmelzer@denverzoo.org

Purpose: To provide wildlife conservation in an urban setting, promoting education on environment and conservation.

Minimum Age: Summer program, 13; Year-round program, 16

Volunteer Opportunities: Work with and educate Denver Zoo guests, help with special events, including a lot of work with children. Teen volunteers do not work directly with the zoo animals; there is minimal contact with animals. Teen volunteer recruitment begins in February and positions are filled by May. Summer program requires 24 hours per month commitment; the year-round program requires 6 hours per month commitment during the school year. One-time volunteer opportunities are not available; this is an on-going program.

Hands on Denver, Denver Parks and Recreation

6820 East 12th Street, Denver, CO 80220

Contact: Joan Wilson

303-331-4040

joan.wilson@ci.denver.us

Purpose: To encourage people to take pride in their community by actively contributing to and enhancing the character and quality of Denver Parks and Recreation.

Minimum Age: 13

Minimum Age with Adult: 9

Youth to Adult Ratio: 10:1

Volunteer Opportunities: Children's program support, Internet research, landscaper, office support, photographer, project coordinator, trail maintenance, tree planter, web site development and maintenance, youth program assistant. Participate in large community park projects.

Keep Denver Beautiful

1390 Decatur St., Denver, CO 80204

Contact: Ken Orlin

720-865-6800

kenneth.orlin@ci.denver.co.us

www.denvergov.org/kdb

Purpose: To enhance the visual quality of Denver by addressing the problems of graffiti and litter through action projects and educational programs.

Minimum Age: 16

Minimum Age with Adult: 12

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Education program support, clean-up assistant. Intern position available to assist in creating and giving presentations to school classes - 6 month commitment of 2-3 hours per week.

Volunteers for Outdoor Colorado

600 S. Marion Parkway, Denver, CO 80209

Contact: Holly Porterfield

303-715-1010 Ext. 17

holly@voc.org

www.voc.org

Purpose: To motivate and enable citizens to be active stewards of Colorado's public lands.

Minimum Age: 12 (varies by project, can be as young as 8)

Minimum Age with Adult: 8

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Youth program advisory board member, crew leader (training in June and July), and project volunteer. Also check VOC website for up to date youth volunteer opportunities.

Westminster, City of

4800 W. 92nd Ave., Westminster, CO 80031

Contact: Pam Mayhew or Patti Wright

303-430-2400

pmayhew@ci.westminster.co.us

pwright@ci.westminster.co.us

www.ci.westminster.co.us

Purpose: Municipality

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: Varies

Volunteer Opportunities: Summer teen library program (Monday-Saturday minimum 2 hours per week), playground assistant, flower bed partner (daily), greenhouse assistant, circulation aide (daily), soccer referee (August-September Saturdays), general office assistant.

FAMILY SERVICES

Camp Paha

12100 W. Alameda Pkwy., Lakewood, CO 80228

Contact: Jo Burns

303-987-4866

joabur@lakewood.org

www.lakewood.org

Purpose: To operate a day camp for children and adults with disabilities.

Minimum Age: 13

Minimum age With Adult: 13

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Camp assistant, activity assistant. All applications must be in by June 1st.

Crossroads of the Rockies

4201 W. Kentucky Ave., Denver, CO 80219

Contact: Bonnie Mondragon

303-922-8772

bonnie.mondragon@crrdenver.org

Purpose: To serve the community by providing resources to meet the holistic needs of the people.

Minimum Age: 15

Minimum Age with Adult: 15

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Board/committee member, clerical support, clothing bank workers, food sorter/packer, fundraising assistant, holiday project support, interpreters for food bank, mailing assistant, peer mentor, receptionist, youth program assistant, and much more. Just call, we have a place for you!

Decatur Place

1155 Decatur St., Denver, CO 80204

Contact: Angela Scanlan

303-893-2718

ascanlan@mercyhousing.org

www.mercyhousing.org

Purpose: To provide transitional housing for single parents.

Minimum Age: 16

Minimum Age with Adult: Varies

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Landscape assistant, cleaning assistant.

Focus Points Family Resource Center

2500 Curtis St., Suite 213, Denver, CO 80205

Contact: Blanca Mata

303-292-0770

Purpose: To strengthen families and the community through education services.

Minimum Age: 16

Minimum Age with Adult: 12

Volunteer Opportunities: Classroom assistant, coach/referee, data entry assistant, office support, special event volunteer, book translator, bilingual assistants.

Jeffco Action Center

8755 W. 14th Ave., Lakewood, CO 80215

Contact: Nancy Morgan

303-237-7704

volunteer@jeffcoac.org

Purpose: To provide outreach services for the residents of Jefferson County.

Minimum Age: 15

Minimum Age with Adult: 10

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Sort clothes in clothing bank, prepare food orders, answer phones, work in Santa Shop, work on the dock and deliver Meals on Wheels. Special afternoon shifts for teens – after school until 5:00 p.m. to package and clean up. Groups are encouraged to initiate food and personal care drives with the help of Jeffco Action Center.

Lutheran Family Services, Refugee & Asylee Program

1600 Downing St., Suite 600, Denver, CO 80218

Contact: Phil Gazley

303-217-5188

phil.gazley@lfsco.org

www.lfsco.org

Purpose: To provide resettlement services to refugees including teaching self-sufficiency skills.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: 5:1

Volunteer Opportunities: General office support, clothes sorter, companion, fundraiser, translator, and special event assistant. Internships available.

Marycrest Resource Center

2851 W. 52nd, Denver, CO 80221

Contact: Sister Elizabeth Fuhr

303-458-6270

meafuhr@aol.com

Purpose: To treat individuals with dignity and to assist participants to move their lives forward.

Minimum Age: 9

Minimum Age with Adult: 9

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Child care, food sorter/packer, clothing sorter, painter, window washer, and holiday volunteer opportunities.

Ronald McDonald House Charities of Denver

1300 East 21st Avenue, Denver, CO 80220

Contact: Kendra Trebil

303-832-2667

ronaldhousekt@earthlink.net

www.ronaldhouse.org

Purpose: To provide housing for families whose children are receiving medical care in Denver. Patients have to be 18 years old or younger and can be outpatient or inpatient.

Minimum Age: 18

Minimum Age with Adult: 8

Youth to Adult Ratio: 8:1

Volunteer Opportunities: Host parties, decorate for holidays, prepare a meal for families, organize a Wish List Drive, organize a toy drive for Santa's Workshop, and assist with group chores around the house.

Roundup Fellowship

2250 S. Oneida St., #201, Denver, CO 80224

Contact: Jim Vanderkamp

303-757-8008 Ext. 18

jvanderkamp@rup.org

www.rup.org

Purpose: To provide a variety of residential and community-based services to children and adults with developmental disabilities.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: Varies

Volunteer Opportunities: Yard maintenance, holiday project support, and fundraising assistant.

Volunteers of America, Colorado Branch

Junior Volunteer Program
2660 Larimer St., Denver, CO 80205
Contact: Lyman Smith
303-297-0408
lsmith@voacolorado.org
www.voacolorado.org

Purpose: To identify and serve the most vulnerable populations in our community.

Minimum Age: 5

Minimum Age with Adult: 5

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Lunch server, kids tutor, arts and crafts, senior companion, and clothing bank assistant.

Warren Village

1323 Gilpin St., Denver, CO 80218
Contact: Amy Fowler
303-320-5032
afowler@warrenvillage.org
www.warrenvillage.org

Purpose: To promote personal and economic self-sufficiency for single-parent families committed to empowerment by providing model programs in transitional family support services, affordable housing, and quality childcare.

Minimum Age: 14

Minimum Age with Adult: 12

Youth to Adult Ratio: 3:1

Volunteer Opportunities: Evening childcare, holiday shop assistant, and staff support assistant.

Women's Crisis Center

P.O. Box 367, Castle Rock, CO 80104
Contact: Stacey Neith
303-688-1094
outreach@thewomenscrisiscenter.org
www.thewomenscrisiscenter.org

Purpose: To provide safety and empowerment for abused women and children who are victims of domestic violence through direct service programs and community outreach.

Minimum Age: 14

Minimum Age with Adult: 12

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Yard maintenance, office assistant, organize donations and food pantry.

World Vision Gifts-In-Kind, Denver

11000 East 40th Ave., Denver, CO 80239

Contact: Kristin Tweardy

720-374-0658

ktweardy@worldvision.org

www.worldvision.org; www.worldvisiongik.org

Purpose: To call people to a life-changing commitment to serve the poor in the name of Christ. World Vision is the largest faith-based, non-profit international humanitarian organization in the world.

Minimum Age: 12

Minimum Age with Adult: 8

Youth to Adult Ratio: 10:1

Volunteer Opportunities: Light industrial work, including sorting, counting, and repacking donated products to prepare for shipment to programs worldwide.

HEALTH AND WELLNESS

ALS Association, Rocky Mountain Chapter

PO Box 7964, Boulder, CO 80306

Contact: Kristin Bennett, Executive Director

303-832-2322

www.alsaco.org

Purpose: To assist those people diagnosed with ALS by providing services and support.

Minimum Age: 14

Minimum Age with Adult: 6

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Photocopying, filing, data entry, labeling, sorting logo items, etc.

American Cancer Society, Denver

2255 S. Oneida St., Denver, CO 80224

Contact: Nanci Goldberg

303-758-2030

nanci.goldberg@cancer.org

www.cancer.org

Purpose: To eliminate cancer as a major health problem by prevention through research, education, advocacy and service.

Minimum Age: 17

Minimum Age with Adult: 17

Volunteer Opportunities: Office, patient and special event assistance.

American Diabetes Association

2480 W. 26th Ave., Suite 120B, Denver, CO 80211

Contact:

720-855-1102 Ext. 7019

@diabetes.org

www.diabetes.org

Purpose: To prevent and cure diabetes and to improve the lives of all people who are affected.

Minimum Age: 14

Minimum Age with Adult: 10

Volunteer Opportunities: Call for specific volunteer opportunities.

American Lung Association of Colorado

1600 Race St., Denver, CO 80206

Contact:

303-388-4327

@alacolo.org

www.alacolo.org

Purpose: To fight lung disease and promote lung health through education, research and advocacy.

Minimum Age: 14

Minimum Age with Adult: 10

Youth to Adult Ratio: 6:1

Volunteer Opportunities: General office assistant, yard maintenance.

Aurora Mental Health Center

11059 East Bethany Drive, Suite 200, Aurora, CO 80014

Contact: Heather Dolan

303-617-2313

heatherdolan@aumhc.org

www.aumhc.org

Purpose: To provide mental health services to the community.

Minimum Age: 16

Minimum Age with Adult: 12

Youth to Adult Ratio: 8:1

Volunteer Opportunities: Classroom assistant, painter, fundraising assistant.

Denver Health Medical Center

777 Bannock, MC0254, Denver, CO 80204

Contact: Volunteer Services Staff

303-436-6255

volunteers@dhha.org

www.denverhealthplus.dhha.org

Purpose: To provide medical services to the citizens of Denver regardless of their ability to pay.

Minimum Age: 14

Minimum Age with Adult: 14

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Gift shop assistant, transporter, clerical assistant.

Easter Seals Colorado-Rocky Mountain Village

P.O. Box 115, 2644 Alvarado Rd., Empire, CO 80438

Contact: John

303-569-2333 Ext. 312

@eastersealscolorado.org

www.eastersealscolorado.org

Purpose: To provide year-round recreational programs for children and adults with disabilities.

Minimum Age: 16

Minimum age With Adult: 14

Youth to Adult Ratio: 4:1

Volunteer Opportunities: Camp staff assistant, respite care giver (one weekend a month), camp counselor and trail maintenance.

Epilepsy Foundation of Colorado

234 Columbine St., Suite 333, Denver, CO 80206

Contact:

303-377-9774

efco@msn.com

Purpose: To provide services to more than 40,000 people in Colorado with epilepsy and their families.

Minimum Age: 18

Minimum Age with Adult: 15

Volunteer Opportunities: Office assistant, various volunteer projects and assignments.

Exempla Lutheran Medical Center

8300 W. 38th Ave, Wheat Ridge, CO 80033

Contact: Debbie Anderson

303-425-8028

andersond@exempla.org

www.exempla.org

Purpose: To foster healing and health for the people and community we serve.

Minimum Age: 14

Minimum Age with Adult: 14

Volunteer Opportunities: Patient transportation assistant, clerical assistant, flower and mail delivery, gift shop assistant. Leadership opportunities are available.

Mental Health Association of Colorado

6795 E. Tennessee Ave., Suite 425, Denver, CO 80224

Contact: Laura Prohaska

303-377-3040

www.mhacolorado.org

Purpose: To promote compassionate understanding of mental disorders, expand access to services, and improve systems of care through education, advocacy, research development, and partnership.

Minimum Age: 16

Minimum Age with Adult: 16

Volunteer Opportunities: Office assistant, help with copies, mailing, faxes and assembling information.

National Multiple Sclerosis Society, Colorado Chapter

700 Broadway, Suite 808, Denver, CO 80203

Contact: Sean Wolfe

303-813-6697

sean.wolfe@coc.nmss.org

www.fightmscolorado.org

Purpose: To end the devastating effects of Multiple Sclerosis.

Minimum Age: 16

Minimum Age with Adult: 5

Youth to Adult Ratio: 8:1

Volunteer Opportunities: Clerical support, mailing assistant, office support, client visits, special event assistance.

Presbyterian/ St. Luke's Medical Center

1719 East 19th Ave., Denver, CO 80218

Contact: Mary Jane Thelen, Volunteer Coordinator or Dave Taggart, Director
303-839-6619

maryjane.thelen@healthonecares.com or david.taggart@healthonecares.com
www.pslmc.com

Purpose: To serve both the local community and a seven-state region for areas of excellence (orthopedics, cardiology, high risk obstetrics and oncology)

Minimum Age: 16

Minimum Age with Adult: 16

Volunteer Opportunities: Assist in Patient Care, become a Wayfinder, help with Welcome Desk, organize and assist with "Chuckles Cart" – call to receive specific volunteer position descriptions.

Project Angel Heart

4190 Garfield St., Unit 5, Denver, CO 80216

Contact: Betty Aldworth

303-830-0202

betty@projectangelheart.org

www.projectangelheart.org

Purpose: To promote the health, dignity and self-sufficiency of people living with life threatening illnesses by providing home delivered meals.

Minimum Age: 16

Minimum Age with Adult: Varies

Volunteer Opportunities: Meal server/preparer, meal delivery, clerical assistant, special event assistant.

Project C.U.R.E.

9055 E. Mineral Circle #110, Centennial, CO 80112

Contact: Denver Director

303-291-1242

projectcureinfo@projectcure.org

www.projectcure.org

Purpose: To provide donated medical supplies and equipment to developing nations around the world.

Minimum Age: 12

Minimum Age with Adult: 12

Youth to Adult Ratio: Varies

Volunteer Opportunities: Office assistant, data entry assistant, general clerical worker, medical supply sorter, warehouse operations assistant.

Saint Anthony Hospitals

4231 W. 16th Avenue, Denver, CO 80204

Contact: Faye Buffington

303-629-3718

fayebuffington@centura.org

www.centurahealth.org

Purpose: To provide acute health care.

Minimum Age: 14

Minimum Age with Adult: 14

Volunteer Opportunities: Various jobs in health care setting, both clinical and non clinical.

VA Medical Center

1055 Clermont Street, Denver, CO 80220

Contact: Kristy Bellusci

303-393-2802

Purpose: To provide quality health care to veterans.

Minimum Age: 12

Minimum Age with Adult: 12

Volunteer Opportunities: Patient escort, data entry assistant, vital signs assistant, nursing home aide, office support.

World Vision Gifts-In-Kind, Denver

11000 East 40th Ave., Denver, CO 80239

Contact: Kristin Tweardy

720-374-0658

ktweardy@worldvision.org

www.worldvision.org; www.worldvisiongik.org

Purpose: To call people to a life-changing commitment to serve the poor in the name of Christ. World Vision is the largest faith-based, non-profit international humanitarian organization in the world.

Minimum Age: 12

Minimum Age with Adult: 8

Youth to Adult Ratio: 10:1

Volunteer Opportunities: Light industrial work, including sorting, counting, and repacking donated products to prepare for shipment to programs worldwide.

HOUSING AND HUNGER

ACS Community L.I.F.T./ Adventist Community Services

5045 W. 1st Ave., Denver, CO 80219

Contact: Brenda Wagner

303-935-7389

advcomsvcs@aol.com

www.acslift.com

Purpose: To serve individuals and families in crisis with basic needs such as food and clothing.

Minimum Age: 16

Minimum Age with Adult: 8

Youth to Adult Ratio: 3:1

Volunteer Opportunities: Sort food during fall food drive, package rice and beans, sort clothes.

Compa Food Ministry

4120 Brighton Blvd., #B-13, Denver, CO 80216

Contact: John Fitzsimmons

303-294-0272 Ext. 4

fitz@compafoodministry.org

www.compafoodministry.com

Purpose: To help feed the hungry.

Minimum Age: 10

Minimum Age with Adult: 6

Youth to Adult Ratio: 5:1

Volunteer Opportunities: General warehouse work- sorting, packing, cleaning.

Denver Rescue Mission

P.O. Box 5206, Denver, CO 80217

Contact: Amie Shaw

303-297-1815

ashaw@denrescue.org

www.denverrescuemission.org

Purpose: To meet people at their physical and spiritual points of need; to provide food, shelter, and clothing along with practical programs of education, Christian teaching, and work discipline with the aim of returning the poor, needy and homeless to society as self-sufficient, productive citizens.

Minimum Age: 13

Minimum Age with Adult: 10

Youth to Adult Ratio: 3:1 for volunteers 13 and under, 10:1 for volunteers 13-18

Volunteer Opportunities: Landscape assistant, cleaning assistant, food service.

Food Bank of the Rockies

10975 E. 47th Ave., Denver, CO 80239

Contact: Olive Crawford

303-371-9250 Ext. 236

ocrawford@foodbankrockies.org

www.foodbankrockies.org

Purpose: To collect and distribute food to non-profit hunger relief programs in the Denver area.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Food sorter/packer, yard maintenance, order pickers, general warehouse clean-up.

Metro CareRing

1100 East 18th Avenue, PO Box 300459, Denver, CO 80203

Contact: Brad Wood

303-860-7200

bwood@metrocarering.org

www.metrocarering.org

Purpose: To use the strengths of an inclusive interfaith and ecumenical community and to work with families and individuals to create solutions to hunger, poverty, and other difficulties through advocacy, listening, advising, and meeting basic needs.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Work in food pantry, fill food orders and stock shelves. Volunteer opportunities available Monday-Friday 9:00AM-3:00PM and Tuesday evenings 6:00PM-8:00PM.

Samaritan House

2301 Lawrence St., Denver, CO 80205

Contact: Nancy Foster

303-996-6064

nfoster@catholiccharities.org

www.catholiccharitiesdenver.org

Purpose: To provide shelter and life skills learning to homeless women, men and families.

Minimum Age: 12

Minimum Age with Adult: 12

Volunteer Opportunities: Playroom assistant, maintenance, housekeeping and grounds chores, food basket preparation, tutoring and computer lab assistant.

MUSIC AND PERFORMANCE

Bug Performance and Media Arts Center, The

3654 Navajo St., Denver, CO 80211

Contact: Gerree Hinshaw

303-477-9984

thebugtheatre@qwest.net

www.bugtheatre.com

Purpose: To foster a supportive community of artists in Denver by providing the opportunity for the development of unique voices, a diverse audience, and dynamic programming.

Minimum Age: 16

Minimum Age with Adult: 12

Volunteer Opportunities: Mailing assistant, advertising assistant, and maintenance support.

Cleo Parker Robinson Dance

119 Park Ave. West, Denver, CO 80205

Contact: Davida Terrell

303-295-1759

www.cleoparkerdance.org

Purpose: To provide cross cultural dance art experiences rooted in African-American traditions for audiences, artists, and students worldwide.

Minimum Age: 15

Minimum Age with Adult: 15

Youth to Adult Ratio: 1:1

Volunteer Opportunities: Office support, data entry assistant.

David Taylor Dance Theatre

1760 Glen Moor Drive, Lakewood, CO 80215

Contact: David Taylor

303-789-2030

www.dtdt.org

Purpose: To nourish the cultural foundation of the regional community and ensure a rich dance legacy for Colorado.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: 3:1

Volunteer Opportunities: Office support, data entry assistant, information assistant, clean-up assistant.

Denver Civic Theatre, The

721 Santa Fe Drive, Denver, CO 80204

Contact: Ben Neafus
303-309-3773 Ext. 106
denvercivictheatre@yahoo.com
www.denvercivic.com

Purpose: To bring excellent, diverse theatre to the people of Denver.

Minimum Age: 13

Minimum Age with Adult: 13

Volunteer Opportunities: Paint, clean, usher, hang lights, and assist with day to day operation of the theatre.

PETS AND ANIMALS

Harrison Memorial Animal Hospital

191 Yuma St., Denver, CO 80223

Contact: Lisa Faust
303-722-2100

volunteer@hmah.org
www.harrisonmemorial.org

Purpose: To enhance the human-animal relationship by improving the health and well being of animals in need.

Minimum Age: 16

Minimum Age with Adult: 16

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Welcome guests to the Pets Behind Bars and Santa Paws Pictures events (call for dates)

SENIOR PROGRAMS

Anam Chara

3119 Josephine, Denver, CO 80205

Contact: Loreli Bratton
303-295-7427
loreli.bratton@gmail.com

www.anamchara.org

Purpose: To provide an environment in which each member of the community can find support for their personal growth.

Minimum Age: 14

Minimum Age with Adult: 10

Youth to Adult Ratio: Varies

Volunteer Opportunities: Senior program support, arts and crafts assistant, companion, general office support, home health care assistant, gardening/yardwork, transportation assistance (background check required).

Argyle, The

4115 W. 38th Ave., Denver, CO 80212

Contact: Heather Lloyd

303-455-9513

hlloyd@theargyle.org

www.theargyle.org

Purpose: To provide quality care to seniors.

Minimum Age: 12

Minimum Age with Adult: 10

Youth to Adult Ratio: Varies

Volunteer Opportunities: Arts and crafts assistant, companion, reader, and visitor.

Mulroy Senior Center

*Ask for location and directions

Contact: Ralph Lowder

303-742-0828

www.catholiccharities.org

Purpose: To support and assist seniors.

Minimum Age: Varies

Minimum Age with Adult: Varies

Youth to Adult Ratio: Varies

Volunteer Opportunities: Yard and garden maintenance.

Rainbow Bridge

P.O. Box 12675, Denver, CO 80212

Contact: Kathy Smith

303-623-1176

info@rainbowb.org

www.rainbowb.org

Purpose: To create rewarding relationships between nursing home elders and their community.

Minimum Age: Varies

Minimum Age with Adult: Varies

Youth to Adult Ratio: Varies

Volunteer Opportunities: Visit with elders on a weekly basis by joining the Family/Elder Volunteer Program.

Seniors' Resource Center

3227 Chase St., Denver, CO 80212

Contact: Ann Ludvigsen

303-235-6941

aludvigsen@srcaging.org

www.srcaging.org

Purpose: To provide centralized and coordinated service, information, education and leadership to assist seniors in maximizing their individual and personal dignity.

Minimum Age: 14

Minimum Age with Adult: 14

Volunteer Opportunities: Pack and deliver holiday baskets, assist with fall yard clean-up.

Total Longterm Care

200 E. 9th Ave., Denver, CO 80203

Contact: Barbara Warner

303-869-4728

bwarner@totallongtermcare.org

Purpose: To provide comprehensive health care and services to enhance the ability of the elderly to live safely in their communities.

Minimum Age: Varies

Minimum Age with Adult: Varies

Youth to Adult Ratio: Varies

Volunteer Opportunities: Living Legacy volunteer, computer coach, recreation aide, friendly visitor, Memories in the Making facilitator; opportunities available Monday-Friday, 9:30AM-2:30PM.

Volunteers of America, Colorado Branch

Junior Volunteer Program

2660 Larimer St., Denver, CO 80205

Contact: Nancy Blevins

303-297-0408

lsmith@voacolorado.org

www.voacolorado.org

Purpose: To identify and serve the most vulnerable populations in our community.

Minimum Age: 5

Minimum Age with Adult: 5

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Lunch server, kids tutor, arts and crafts, senior companion, and clothing bank assistant.

TRAINING AND EDUCATION

ARC of Arapahoe and Douglas County

7600 East Arapahoe Rd., Suite 101, Centennial, CO 80112

Contact: Carol Meredith

303-220-9228

carol@arc-arapahoe-douglas.org

www.arcarapahoedouglas.org

Purpose: To use advocacy and education to include all children and adults with disabilities and their families in their community.

Minimum Age: 12

Minimum Age with Adult: 12

Volunteer Opportunities: Assist with annual Easter Egg Hunt; see Special Events section for details.

Center for Hearing, Speech and Language

4280 Hale Parkway, Denver, CO 80220

Contact: Barb Kamlet

303-322-1871

retreat2@mindspring.com

www.chsl.org

Purpose: To provide education, outreach, information and clinical services to children and adults with hearing, speech and language disorders.

Minimum Age: 16

Minimum Age with Adult: 14

Youth to Adult Ratio: 4:1

Volunteer Opportunities: Children's program leader at sites located throughout metro Denver.

City of Aurora Volunteer Center

1298 Peoria St., Aurora, CO 80011

Contact: Johanna Garton

303-361-0871

jgarton@auroragov.org

www.auroragov.org/volunteer

Purpose: To promote personal involvement in the community as an effective and rewarding means of delivering creative solutions to social challenges.

Minimum Age: 13

Minimum Age with Adult: 6

Youth to Adult Ratio: 2:1

Volunteer Opportunities: Assist in running educational games and activities for city sponsored special events in July and October.

Colorado Guardian Angels

620 E. Colfax, Denver, CO 80203

Contact: Ted Fowler

303-861-3078

Denver@guardianangels.org

www.guardianangels.org

Purpose: To deter crime and train youth to be real life role models.

Minimum Age: 16

Minimum Age with Adult: 16

Volunteer Opportunities: Photographer, advocate, youth program assistant, peer mentor, peer tutor.

Colorado School Mediation Project – Life Tracks?

5485 Conestoga Ct., Suite 101, Boulder, CO 80301

Contact: Brooke Munsinger

303-568-9420

brooke@schoolmediationcenter.org

www.schoolmediationcenter.org

Purpose: To create safe, caring and just school communities through conflict resolution.

Minimum Age: 12 (flexible)

Minimum Age with Adult: 12

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Serve on youth advisory committee for peace leadership conference.

Colorado State University Cooperative Extension Program

15200 W. 6th Ave., Unit C, Golden, CO 80401

Contact: Joyce Wallace

303-271-6620

jrwallac@jeffco.us

Purpose: To teach young people life skills through hands-on learning/ teaching methods.

Minimum Age: 18

Minimum Age with Adult: 14

Youth to Adult Ratio: 6:1

Volunteer Opportunities: After school programs fair helper, tree seedling distribution, event set up assistants, clerical support and summer camp.

Denver Public Library

10 W. 14th Ave., Denver, CO 80204

Contact: Veletta Hopes

720-865-2043

vhopes@denver.lib.co.us

www.denver.lib.co.us

Purpose: To help the people of our community achieve their full potential through reading.

Minimum Age: 13

Minimum Age with Adult: 12

Youth to Adult Ratio: 7:1

Volunteer Opportunities: Special event assistant, library assistant, and mailing assistant.

Metro Volunteers

444 Sherman St, Suite 100, Denver, CO 80203

Contact: Kathi Conner

303-282-1234 Ext. 308

kathic@metrovolunteers.org

www.metrovolunteers.org

Purpose: To strengthen our community by building the effectiveness of non-profit organizations and connecting people with volunteer opportunities.

Minimum Age: 12

Minimum Age with Adult: 12

Volunteer Opportunities: Clerical support, data entry assistant, internet researcher, web site maintenance, and translator.

Prime Time Today

2100 Green Oaks Dr., Greenwood Village, CO 80121

Contact: Donna Shepherd

303-798-7770

donna@primett.org

www.primett.org

Purpose: To promote media literacy, education, teaching and critical thinking skills about the message of all media.

Minimum Age: 12

Minimum Age with Adult: 12

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Advocate, fundraiser, peer tutor, special event assistant.

Rape Assistance and Awareness Program

P.O. Box 18951, Denver, CO 80218

Contact: Shari Watters

303-329-9922

raap@raap.org

www.raap.org

Purpose: To eliminate sexual violence.

Minimum Age: 17

Minimum Age with Adult: 17

Volunteer Opportunities: Provide childcare for clients' children while they are in counseling sessions.

Summer Scholars

3401 Quebec St. Suite 5010 Denver, CO 80207

Contact: Jennifer Agnew

303-355-0290

vistas@summerscholars.org

www.summerscholars.org

Purpose: To promote literacy and bring disadvantaged elementary students up to grade level in reading.

Minimum Age: 14

Minimum Age with Adult: 10

Youth to Adult Ratio: 10:1

Volunteer Opportunities: Tutor, reader, recreation program assistant (during summer).

University of Denver Bridge Project

1217 W. 10th Ave., Denver, CO 80204

Contact: Michelle Patterson

303-446-0139

mipatter@du.edu

Purpose: To provide educational opportunities to persons who live in public housing.

Minimum Age: 14

Minimum Age with Adult: 14

Youth to Adult Ratio: 5:1

Volunteer Opportunities: Tutor, computer lab assistant, clean-up assistant, homework helper, yard work.

Volunteer Connection of Boulder County

2885 Aurora Ave., Suite 32, Boulder, CO 80303

Contact: Morgan Lipton

303-444-4904

morgan1@volunteerconnection.net

www.volunteerconnection.net

Purpose: To actively promote volunteerism, connect volunteers with opportunities and help organizations effectively engage volunteers to meet the community's needs.

Minimum Age: 12

Minimum Age with Adult: 12

Volunteer Opportunities: Assist with filing, data entry, mailing and special events.

Women's Bean Project

3201 Curtis Street, Denver, CO 80205

Contact: Cindy Strowbridge

303-292-1919 Ext. 239

cindys@womensbeanproject.com

Purpose: To employ women from backgrounds of chronic unemployment and poverty. Within the context of a viable business, these women earn a steady paycheck, develop solid transferable skills and develop their sense of self-confidence and personal responsibility.

Minimum Age: 18

Minimum Age with Adult: Varies

Youth to Adult Ratio: 6:1

Volunteer Opportunities: Public speaking, production assistant, event coordination, host a Womens Bean Party, shipping and receiving assistant, clean vans inside and out, grounds keeper and outside maintenance assistant.

Yellow Ribbon Suicide Prevention Program

3790 W. 75th Ave. Westminster, CO 80030

Contact: Karen Green

303-429-3530

Ask4help@yellowribbon.org

www.yellowribbon.org

Purpose: To save lives through education, advocacy and awareness of suicide prevention program.

Minimum Age with Adult: 13

Youth to Adult Ratio: 15:1

Volunteer Opportunities: Advocate, board/committee member, office support, data entry assistant, mailing assistant, project coordinator, reader/data extraction, youth program assistant.